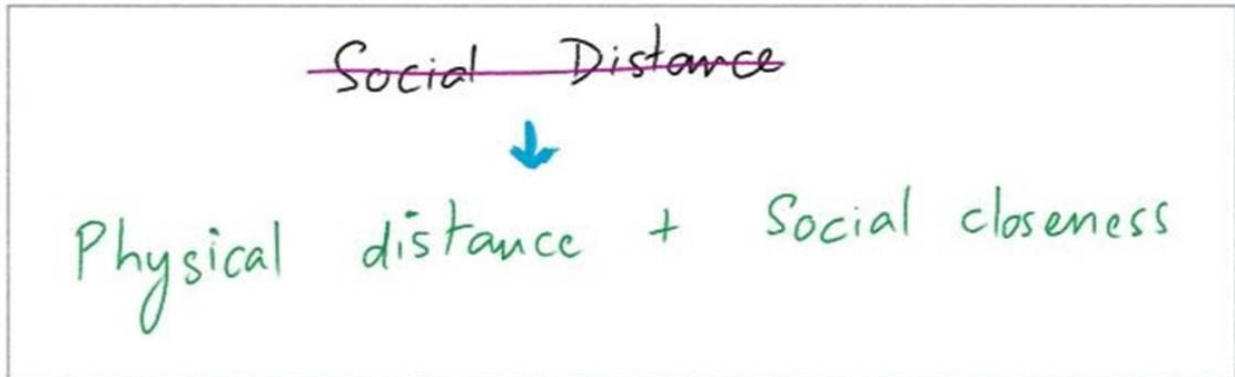


Mental and Emotional Health Support

According to the National Institute of Mental Health, “stress is how the brain and body respond to any demand.” They add that any type of challenge can be stressful, and that stress can affect your health, both physically and mentally. Because we know that the COVID-19 outbreak is impacting us all in one way or another, we will continue to focus on the theme of stress management this week.



Below are some links to videos and worksheets to help you better manage your stress as we continue with distance learning and cope with the many changes we are experiencing as a result of COVID-19.

Videos	Activities
Stress Management Strategies	Stress Management Strategies
Awareness and Application	Awareness and Application

COVID-19 (coronavirus)

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*